

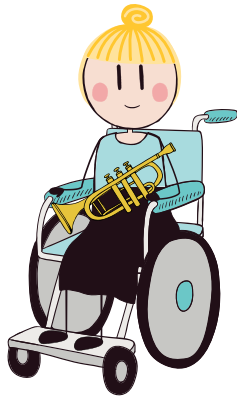
# HEALTHY HABITS

Name:

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# Meet The characters!



Chloe

**Likes:** Chocolate, fashion

**Dislikes:** Hot weather

**Hobbies:** Photography, trumpet



Maya

**Likes:** The ocean, whales

**Dislikes:** Cleaning her room

**Hobbies:** Surfing, saxophone



Hugo

**Likes:** His rabbit, pizza

**Dislikes:** Chocolate

**Hobbies:** Playing with his baby brother, singing



Pablo

**Likes:** Video games, fruit smoothies

**Dislikes:** Waking up early

**Hobbies:** Painting, bike riding



Layla

**Likes:** Mystery novels, pop music

**Dislikes:** Rainy weather

**Hobbies:** Reading, baking



Sheng

**Likes:** The outdoors, science

**Dislikes:** Soda

**Hobbies:** Bird watching, reading

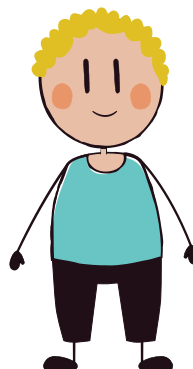


Ruby

**Likes:** Dachshunds, math

**Dislikes:** Long car rides

**Hobbies:** Origami, basketball

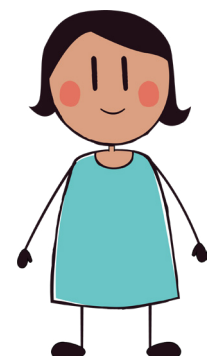


OTTO

**Likes:** Puzzles, ice cream

**Dislikes:** Grumpy people

**Hobbies:** Swimming, baking



Priya

**Likes:** Sushi, hip-hop music

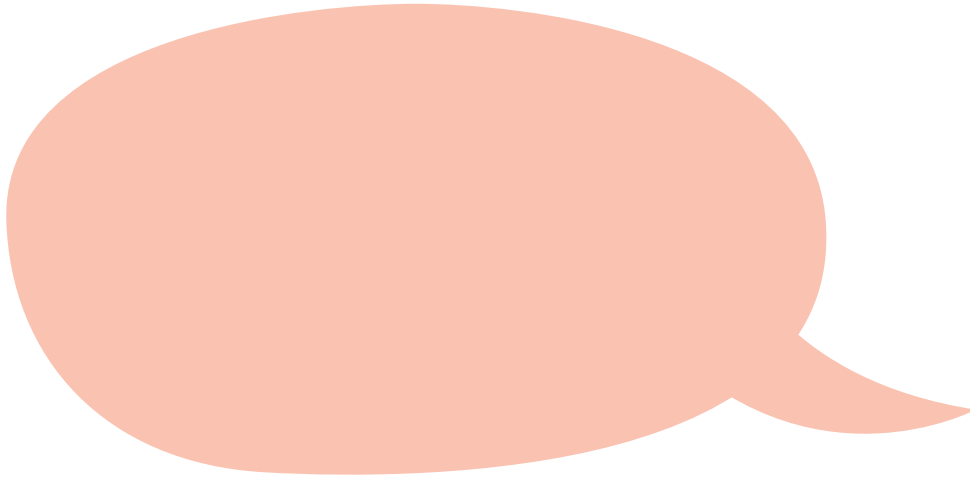
**Dislikes:** Spicy food

**Hobbies:** Beatboxing, football

# What Are Healthy Habits?

Day 1

What do you think a "healthy habit" is?



## What Are Your Healthy Habits?

What healthy habits do you have? List them in the first column below.

In the second column, list any healthy habits you would like to create.

Healthy habits I already have...

Healthy habits I want to create...

# Tips to Create Healthy Habits

Day 2

Would you like to develop some healthy habits in your life? Here are some ideas to help you!

Tip 1:  
Eat the fruit and  
vegetable rainbow!



Tip 2:  
Sleep well.



Tip 3:  
Get active.



Tip 4:  
Find a balance.



# Eat The Rainbow!

The food we eat every day should nourish our bodies and minds. They should give us the energy to move around, use our brains inside and outside of the classroom, and make us feel good!

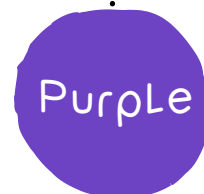
One way to get this energy is to eat the fruit and vegetable rainbow.

Brainstorm the fruits and vegetables that fit into the colors below.

strawberries



eggplant



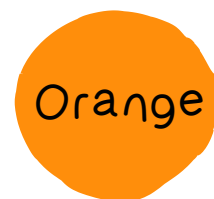
yellow



Green



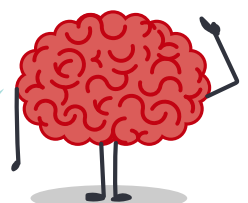
Orange



Draw a star next to all the fruits and vegetables you eat each week.

Then highlight the ones you would like to eat more of or try!

Why not ask your family to buy some of these fruits and vegetables next time you go grocery shopping?



# Get Active!

Day 3

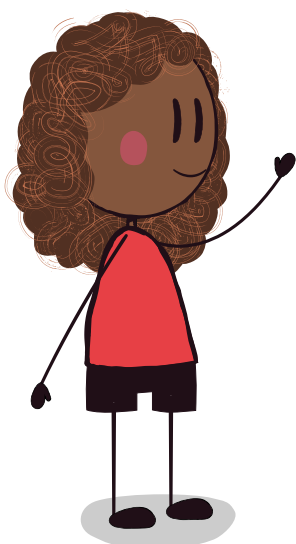
Keeping your body active is another essential healthy habit to have.

How you like to keep *your* body active? List or draw your favorite physical activities below.

How do you think you could be more active?

In the table below, write down a simple physical activity you could do each day to keep fit and healthy! It could be as easy as walking to school or playing basketball during lunch.

Day of the week	Physical activity idea
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

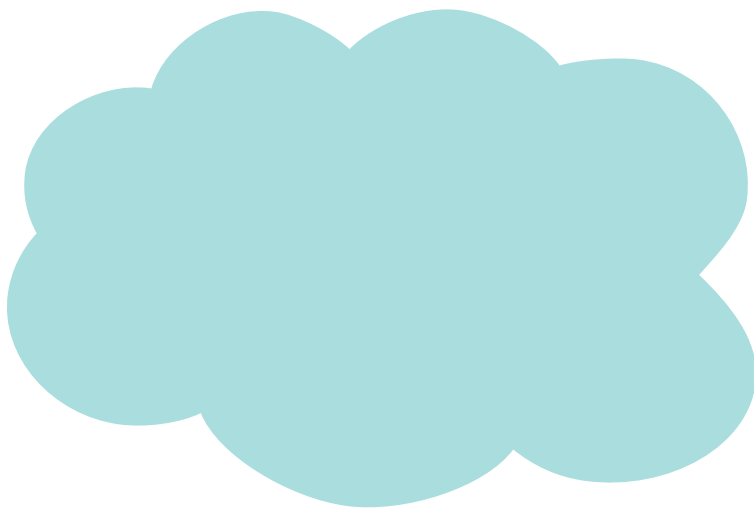


# Hygiene is Healthy!

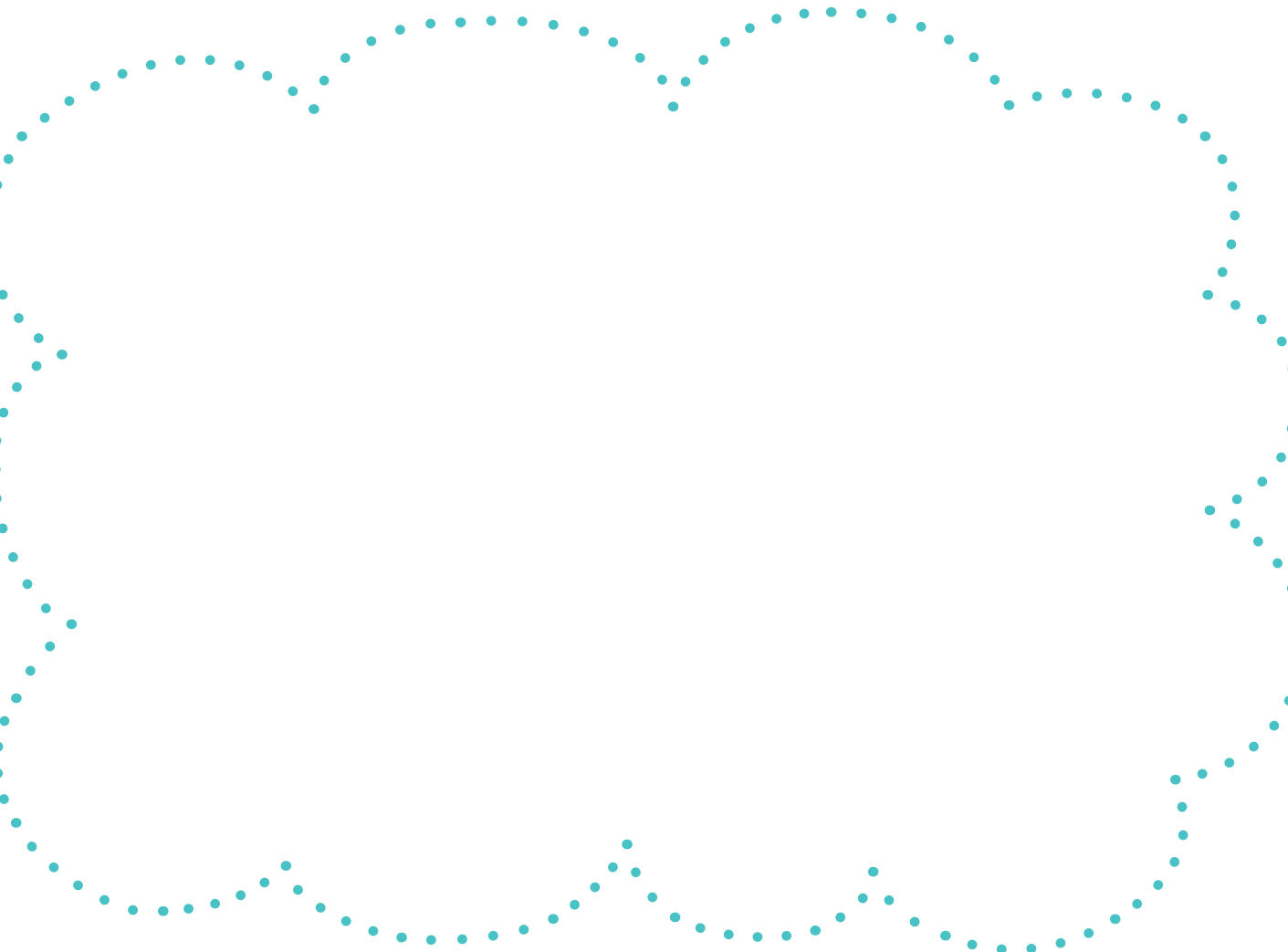
Day 4

Keeping our bodies clean and hygienic is also a big part of having healthy habits.

What does it mean to be "hygienic"? Write your thoughts in the bubble.



What are some important hygiene habits that you think everybody should have? Brainstorm them below.



# Balancing Your Life

Day 5

Look at the activities in the bubble below and tick the ones you do every day.

☐ Sleep for 10 hours a night

☐ Eat lots of fruits and vegetables

☐ Shower

☐ Be active for an hour

☐ Read a book

☐ Do homework for 10-20 minutes

☐ Eat "sometimes" food

☐ Spend quality time with family

☐ Hang out with friends

☐ Eat breakfast, lunch, and dinner

☐ Brush teeth twice a day

☐ Spend 2+ hours on devices (phone/tablet/computer/TV)

Once you are finished, take a look at the activities you have ticked.

Do you think you live a **balanced** life? If not, how do you think you can make your life more balanced?

Write your thoughts below.

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